



# NOVEMBER NEWSLETTER

## REVISED PSBB RESTRICTIONS FOR CAPITAL PLACE



During October 2020, Jakarta Governor Anies Baswedan announced the relaxation of large-scale social restrictions (PSBB) in the capital.

During the transitional period, workplaces in 11 essential industries — including health, food, energy, communications, finance, logistics and daily needs retail — are now allowed to operate at full capacity, while non-essential businesses may allow up to 50 percent of their employees to work at the office.

Restaurants will be allowed to serve dine-in customers at 50 percent of their maximum capacity. These latest restrictions will remain in place until 8 November 2020.

We would like to remind all tenants at Capital Place to continue displaying your Pakta Integritas and recording the number of employees who are working from your office each day.

Stay safe,

Capital Place Management

## DRIVE-THRU COVID-19 SWAB & RAPID TEST SERVICES IN JAKARTA

In order to accelerate the handling of COVID-19 in Jakarta, several hospitals have provided independent COVID-19 test services for Jakarta residents. Some of these hospitals offer drive-thru services that are faster, safer, and more comfortable. There are also on-call services where you can have a COVID-19 test at your home or office.

### 1. Pondok Indah Hospital

Jl. Metro Duta Kav. UE, Pondok Indah,  
Kebayoran Lama, Jakarta Selatan  
(+6221) 7657525  
Instagram: rspondokindah



Pondok Indah Hospital provides drive-thru PCR swab test service with same-day results. You only need to book via WhatsApp to the number +62813 8888 9915. Pondok Indah Hospital Drive-Thru service also serves Covid-19 Rapid Test and SARS-CoV2 Antibody Immunoassay. The test is carried out every day from 8 am-5 pm.

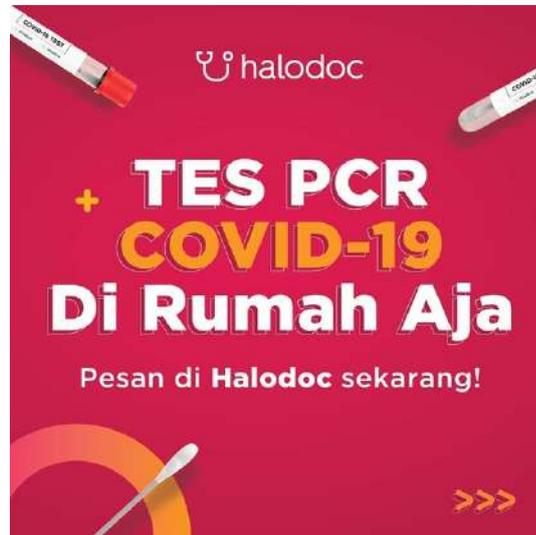
### 2. Mayapada Hospital

Jl. Lb. Bulus Raya 1 No.Kav. 29, Jakarta Selatan  
(+6221) 29217777  
Jl. H. R. Rasuna Said No.Kav C-17, Karet  
Kuningan, Jakarta Selatan  
(+6221) 50912929  
Instagram: mayapadahospital



Mayapada Hospital provides drive-thru services for PCR swabs and rapid tests with various promos and relatively affordable costs. The test results will be given as early as the next day. This service is available every day by making an appointment beforehand with the hospital.

### 3. Halodoc Private Care



Halodoc Home Care – COVID-19 Test is the latest service from Halodoc which tries to meet the public's need for the COVID-19 testing service. In this service, Halodoc collaborates with partner clinics and laboratories that will provide home testing for COVID-19 tests. Some of the examinations provided in this service are the COVID-19 examination using the rapid test (IGG & IGM) method with the Vazyme brand test kit and the COVID-19 examination using the Swab PCR method. Make an appointment at Halodoc phone app or website [halodoc.com](http://halodoc.com). More info, go visit its Instagram at [halodoc](https://www.instagram.com/halodoc).

### 4. Pertamina Jaya Hospital

Jl. Jend. Ahmad Yani No.2, Cempaka Putih,  
Jakarta Pusat  
(+6221) 4211911  
Instagram: [rspertaminajaya](https://www.instagram.com/rspertaminajaya)



The drive-thru test services at Pertamina Jaya Hospital comes in several packages and affordable prices. The results will be given as early as the next day. The service is available every day from 8 am – 4 pm and the appointment should be done beforehand through WhatsApp +6282111365121.

## 5. Hermina Hospitals

Jl. Selangit D10, Kavling No.4, Gn. Sahari Selatan, Kemayoran, Jakarta Pusat  
(+6221) 1500488  
Instagram: rsuherminakemayoran

Jl. Danau Agung 2 No.3 No. 28 – 30, Sunter Agung, Jakarta Utara  
((+6221) 6404910  
Instagram: rsuherminapodomoro



Hermina Kemayoran Hospital provides drive-thru test services on Monday, Wednesday, and Friday. Those who will do the test are required to register first via WhatsApp +62856 9415 5353. After registering and making payment, the hospital will immediately provide a test schedule with the results given no later than one day after the test. This hospital also provides call services for COVID-19 tests at homes, communities, or offices.

## TRAVEL DURING THE COVID 19 PANDEMIC



Not only did our habits around working, shopping, and eating change, but so did holiday travel. Instead of international trips, many stuck close to home for getaways accessible by car. If you do choose to travel in the weeks and months ahead, consider making some of these modifications, proceed with caution, and remember that this is a fast-evolving situation. Flexible cancellation policies are everything right now. Yet still, staying home is the best way to protect yourself and others from COVID-19.

- Prefer to stay in hotels? Look for one that makes it easy to follow COVID-19 guidelines and take advantage of flexible cancellation policies.
- Opt for domestic trips, all within easy driving distance and social distancing in mind.
- Work with a travel agent if you plan to visit another country. An experienced agent can respond quickly to any COVID-related issue, whether it's arranging alternative destinations due to a lockdown or managing flights should any problems arise.
- Work with a travel agent if you plan to visit another country. An experienced agent can respond quickly to any COVID-related issue, whether it's arranging alternative destinations due to a lockdown or managing flights should any problems arise.
- Wake up early and do what makes you the most comfortable. Always try to avoid the crowds while traveling.
- During your trip, take steps to protect yourself and others from COVID-19:
  - Wear a mask to keep your nose and mouth covered when in public settings.
  - Avoid close contact by staying at least 6 feet apart (about 2 arms' length) from anyone who is not from your household.
  - Wash your hands often or use hand sanitizer (with at least 60% alcohol).
  - Avoid contact with anyone who is sick.
  - Avoid touching your eyes, nose, and mouth.
- Know when to delay your travel to avoid getting and spreading COVID-19

# GAIN A BETTER INSIGHT INTO THE CAPITAL PLACE TEAM

*Ghina Mardiana - Facility Administrator*



## **How long have you worked at Capital Place and what is your role and your responsibilities in the Building Management team?**

I have been working in building management of Capital Place for almost 2 years especially for Facility Administrator. I have many responsibilities here, like back up any department related on Operational Building, manage any permits, handling vendor report, knowing all aspect of facility management.

## **What impacts has COVID19 had on your personal and professional life?**

Time management in life balances. Even there are some issues because of COVID19 affecting my personal life like hard to do social life (hangout) in the weekend such going for vacation with normal condition and work life balance, some of works can limit my time to perform because of the split team between seperated schedule in office and home. But, from this conditions is worth for me to know myself better and find what inside with creativity ways. During this situation, I have more time to start my start-up business too! I can manage time between personal, work, and business. Stay healthy and always stay positive, guys!

## **What do you think is the most significant change in technology during your lifetime?**

The most significant change in technology in my life time is payment. With fast-growing technology that support payment, say Goodbye to wallet! I can bring lighter of my wallet. Just bring card or smartphone it will be easy. I love technology!

## **What is the most interesting place you have visited and why?**

London and Paris. But, I still do not have time for traveling there and maybe someday! Hahaha